



12th Annual
Begins
April 5th

Walk to Health

Southwest Nebraska Public Health Department

Get Your Forms at:
www.swhealth.ne.gov



Southwest Nebraska
Public Health Department

*Sign up
NOW!!*



Call - 308-345-4223



Fax: - 308-345-4289



E-mail - info@swhealth.ne.gov



Mail - PO Box 1235, McCook, NE 69001

Southwest Nebraska Public Health Department

2015 Walk to Health Participant Instructions

Counties served: Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow.



Welcome to the 12th annual Walk to Health program. You have taken the first step in walking to improve your health. Listed below are your program instructions.

Please feel free to contact us if you have questions at 308-345-4223.

Overview:

The Walk to Health program begins April 5, 2015. You will track your walking progress for twelve weeks which ends on June 27, 2015. At the end of the twelve weeks, you will receive an evaluation form to complete and return to SWNPHD. Once we receive your evaluation form and walking journal, you will be given your **free** Walk to Health t-shirt. McCook residents are asked to bring their forms into the office and pick up their t-shirt. We will mail out-of-town participants their t-shirts. Prizes will be awarded for the most minutes walked, most weight lost and the most inches lost. If you are participating as a team, team results will be averaged.

Steps to Participate:

- Register by completing the registration form and drop it off or mail it to SWNPHD, PO Box 1235, (1 block north of Arby's) McCook, NE. 69001, fax it to 308-345-4289 or email required information to info@swhealth.ne.gov.
- Once your registration is received, you will be given a walking journal to track the minutes or steps you walked during the next twelve weeks and a Health Check form (optional) to measure your beginning and ending weight and inches lost. **You will return the Health Check form if you are competing for the most weight lost and most inches lost.**
- Each week you will receive an email with fitness information, encouragement and other helpful information.
- At the end of the twelve weeks, an ending evaluation form will be sent to you. Please complete the evaluation and return it, your Walking Journal and, if competing, your Health Check form to SWNPHD to receive your free t-shirt. McCook residents are asked to pick up their t-shirts from the office. **Return completed forms to SWNPHD before July 10th.** A t-shirt may **not** be available after that date.
- An Awards Presentation will be held announcing prize winners. They will also be listed on our website. A press release will be sent to all newspapers/radio stations throughout the health district.

Teams:

Team participation is welcomed. All team members will follow the same steps as listed above. Teams may consist of 2 to 10 members. Each team member will complete their registration form and list the **team name** on the form. The results will be calculated from the completed Walking Journal and Health Check form that each team member completes and returns.

Prizes will also be given to teams. Teams will compete for the following: Most minutes walked, most steps walked, most weight lost, and most inches lost.

Walk to Health

Registration Form 2015

Residents living or working in Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins or Red Willow County may participate.



Name:			
Address:	City:	ST:	Zip:
County:		Phone Number:	
Email:		Shirt Size: _____	
Individual / Team <i>Circle one</i>	Team Name: _____ <i>Minimum of 2 members / Maximum of 10 members</i>		

What is your Walk to Health Personal Goal:

(what you would like to accomplish through this program)

RETURN FORM NO LATER THAN April 5, 2015 to:

 **Southwest Nebraska
Public Health Department**

404 W 10th ST (1 block north of Arby's) • PO Box 1235 • McCook, NE 69001

email: info@swhealth.ne.gov

fax: 308-345-4289

Call 308-345-4223 with questions.

